

Black Portlanders

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African descendants has stretched beyond Portland. Not long ago Abioti travelled to Senegal, as part of a project quite similar to The Black Portlanders, but on a much larger scale. Simultaneously to the Portland-based project she is documenting the global African Diaspora through the scope of her lens.

"We come from everywhere, we're everywhere," she says.

The recent disappearance of a notebook filled with contact information has left Abioti in a scramble to complete her microscopic devastation, which parallels quite eerily to that of a Diaspora.

"I felt so terrible. That was a blow because that was a lot of work," she says. "To lose this notebook

with all these people's numbers and contacts. Some I've already published so I have their name, some I haven't published so now I just have these people's images and don't know who they are."

Abioti says she will keep improvising.

"Right now I'm just gonna have to ask the community, 'who is this person,' It's not scripted," she says.

You can visit Abioti's blog at theblackportlanders.com or find out more about her at intisarabioti.com.

Marine Charged

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Waikiki bar on May 16 and her body was later found in an isolated area of Oahu's Leeward Coast.

Andre Miller, a childhood friend serving as the family's spokesman, said Monday that Harris made a living as a prostitute.

"She was definitely there for

her birthday," he said. "I wouldn't doubt she set up a couple of customers when she was there. That's what she did as a lifestyle."

It was a lifestyle she was planning to leave, Miller said, describing how she enrolled in community college and was planning to move from Las Vegas back to her native Portland.

Harris' parents plan to be in Hawaii for the hearing, which they expect to be quite graphic, Miller said.

"The family is real conscious and confident things will work out in their favor," he said. "They'll get justice for their daughter being killed."

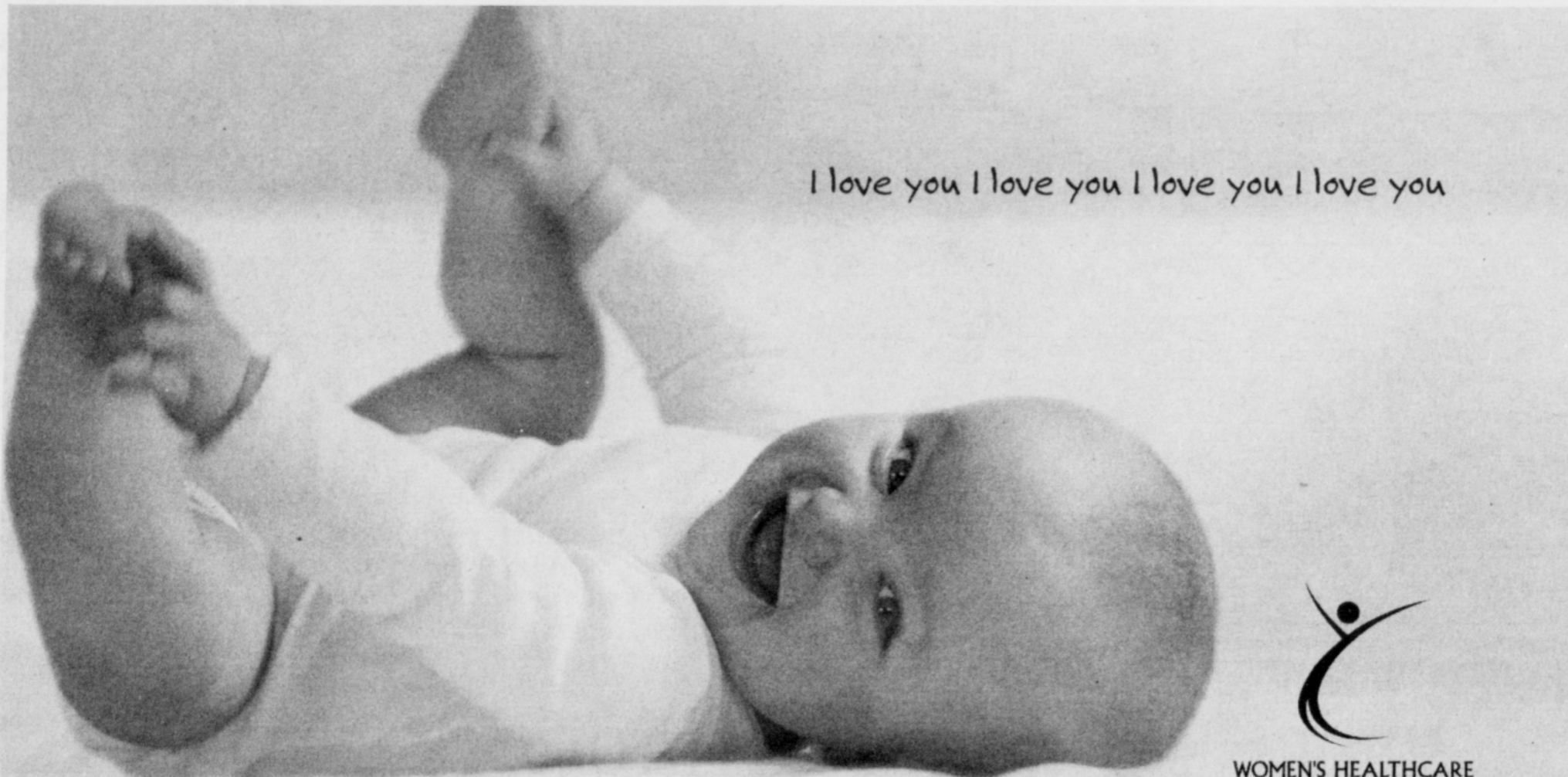
The Honolulu medical examiner's office said the cause of Harris' death was injury to the neck, and the manner of death is ruled a homicide.

Cosby, 39, was being held at a military detention facility in Pearl Harbor. Marine Corps defense attorney Lt. Col. C.A. Plummer has been appointed to represent Cosby, said Marine Corps Forces Pacific spokesman Chuck Little.

Plummer, who is Marine Corps western region defense counsel based in Camp Pendleton, Calif., did not immediately return a phone message seeking comment that was left for him at his office Monday night.

The Marine Corps said Cosby is an explosive ordnance disposal technician, assigned to Marine Wing Support Squadron-171 in the 1st Marine Aircraft Wing based in Iwakuni, Japan. He was on temporary duty assignment in Hawaii.

--Associated Press



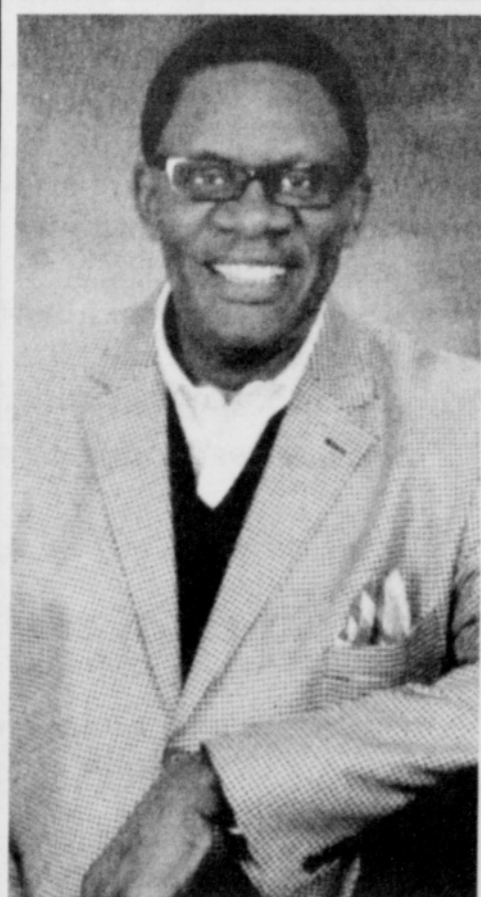
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Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant

out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our

society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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